FRESH THYMES

MAGAZINE | *Winter 2026*

ROOTED IN *Well-Being*

- Holistic Habits
- Wholesome Recipes
- Ways to Reset and Recharge

FRESH THYME MARKET®

FREE

GOOD FOODS™

GOOD FOODS
SPICY SOUTHWEST STYLE GUACAMOLE
REAL INGREDIENTS | NO ARTIFICIAL PRESERVATIVES
MADE WITH CORN AND BLACK BEANS

Dip into SOMETHING GOOD!

GOOD FOODS
GARDEN PARTY DIP & SPREAD
MADE OF 50% VEGGIES
LIKE RANCH, BUT PACKED WITH CHOPPED VEGGIES & FRESH HERBS!
REAL INGREDIENTS | NO ARTIFICIAL PRESERVATIVES

New Year, New Flavors!

GOODFOODS.COM

Hello, 2026!

The new year is officially here, and Fresh Thyme is ready to get rooted in well-being. Whether you're a wellness enthusiast or just starting your self-care journey, now is a great time to set goals that serve a healthier, happier you. In this issue of *Fresh Thymes*, we explore a variety of routines to help you ease into the year ahead. Discover recipes with great flavor and even better benefits, like high-protein mains or gut-friendly nonalcoholic drinks. Learn about supplements that support strong muscles, and stock up on skin care for moisturizing dry winter skin. With Fresh Thyme Market, health-driven goals are always within reach.

Make the new year your best one yet!

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GET SOCIAL WITH US

Visit *freshthyme.com* for exclusive deals, MyThyme coupons, and recipes. Follow us for delicious recipes, innovative products, and natural tips, and share your ideas by tagging us at #FreshThymeFinds!

WASTE LESS

Rather than tossing leftover spinach, extend its life in a tropical greens smoothie. Learn more about nutrient-dense greens, plus how to make them taste great on *page 4*.

***Fresh Thymes* is a product of Fresh Thyme Market, covering health and wellness issues and featuring products, services, offers, and advertisements from suppliers of Fresh Thyme Market. Consult with your healthcare provider before beginning any new supplement or making significant changes to your diet.** Fresh Thyme Market, Grey Dog Media LLC, and any individual party represented in this work do not warrant or assume any legal liability or responsibility for the quality, accuracy, completeness, legality, reliability, or usefulness of any information, product, or service represented within this magazine.

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MyThyme members get dozens of digital coupons every month! Simply download the mobile app or visit our website to unlock your rewards, then enter your phone number or scan your barcode at checkout when you shop.

- DIGITAL COUPONS
- BIRTHDAY REWARD
- EXCLUSIVE DEALS

Scan the QR code, download the Fresh Thyme app, or register online at *freshthyme.com/mythyme-loyalty*

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PICKUP OR DELIVERY

Scan the QR code to shop your way and schedule pickup or delivery.

SAVE BIG WITH MyThyme Rewards

*New members only. Some exclusions apply.

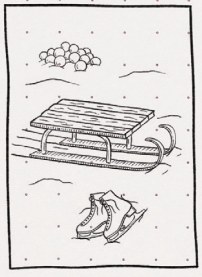
WINTER WELLNESS

LIZ ZOLCAK REFLECTS ON HOW SHE COMMITS TO HER WELL-BEING IN THE NEW YEAR AS A BUSY BUSINESS LEADER AND MOM.

FROM THE DESK OF

LIZ ZOLCAK

Fresh Thyme President

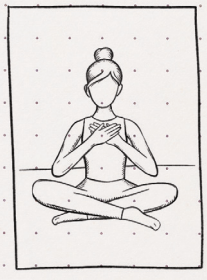


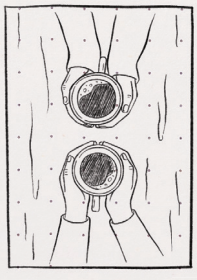
PHYSICAL

I try to not focus on the stressful or challenging components of physical well-being. It's less about not eating this or that, but more about how you feel afterwards. It's not about getting a workout in—it's about moving to feel better. Feeling better means more fun with the kids (and all those winter activities, like sledding!) and provides more energy to keep going.

MENTAL

Mental health should always be a priority, but it can be hard to fit into our busy schedules. I personally am a morning person. I challenge myself to reflect on moments of gratitude during my early morning workout. Throughout evenings and weekends, I challenge myself to be present with my family to remain grounded and focused.





SOCIAL

I am very fortunate to have an amazing village. My family, friends, and team are all great resources to rely on. I also focus on surrounding myself with energizers—those who create positive energy. Our leadership team at Fresh Thyme is full of energizers, making work a fun experience with those who support a similar spirit and focus.

ROOTED IN WELL BEING

Learn more about physical, mental, and social well-being with this badge throughout this issue.

HARDY GREENS

COLD-WEATHER LEAFY GREENS ARE NUTRIENT-DENSE, EASY TO ENJOY, AND IN SEASON NOW.

Winter may be an underrated growing season, but it produces some of the most nutritious dark leafy vegetables of the year. Hardy greens are packed with so many healthful vitamins, minerals, and antioxidants that they rank among the highest nutritionally dense foods available. Incorporate leafy greens into winter meals to take advantage of their many tasty benefits.

In-Season Greens

KALE
This dark green superfood has an earthy, slightly bitter flavor, but it turns sweeter after a light frost. Eat it raw in salads or add kale to soups and stir-fries.

SPINACH
The younger the spinach, the sweeter it is. Baby and flat-leaf spinach are harvested early and are best enjoyed raw. Savoy spinach is best for cooking.

MUSTARD GREENS
Young mustard greens, or baby greens, may be eaten raw, but mature leaves should be cooked to tenderize them and mellow their bold, peppery taste.

SWISS CHARD
Crunchy and colorful Swiss chard stalks can be cooked like asparagus. The leaves can be steamed or sautéed and incorporated into a variety of dishes.

KIDDO-APPROVED

These crispy chips make a great snack. For picky eaters, massage the kale to remove bitterness and swap the spicy tahini for a mild dipping sauce.

CRISPY KALE CHIPS WITH SPICY TAHINI SAUCE

Turn fresh kale into a shatter-crisp savory snack. These transformed winter greens are light as air and packed with a slightly nutty flavor.

PREP 20 minutes
COOK 10 minutes plus cooling time
SERVES 4

SPICY TAHINI SAUCE

¼ cup plain whole milk Greek yogurt
1½ Tbsp. Fresh Thyme organic tahini
1½ Tbsp. fresh lemon juice
1 Tbsp. hot honey
½ tsp. za'atar seasoning
½ tsp. Fresh Thyme crushed organic chili peppers, plus more for garnish

CRISPY KALE

2 bunches organic lacinato kale (6 oz. total), washed and woody stems removed
2 tsp. Fresh Thyme extra virgin olive oil
2 tsp. za'atar seasoning
Fresh Thyme avocado cooking oil spray

1. For spicy tahini sauce, in a small bowl, whisk together yogurt, tahini, lemon juice, hot honey, za'atar seasoning, and ½ tsp. crushed chili peppers. Cover and refrigerate until ready to serve.

2. For kale, place oven racks in the upper and lower thirds of the oven. Place 2 large rimmed pans in oven; preheat to 400°F.

3. Cut each kale leaf into large pieces; pat dry. Transfer kale to a large bowl. Drizzle with olive oil; sprinkle with za'atar seasoning. Gently massage by rubbing between fingers until kale is dark green and tender.

4. Remove preheated baking pans from the oven. Spray with cooking spray. Add kale, in a single layer, to the pans. Bake for 8 to 10 minutes or until crisp and beginning to brown, turning once halfway through. Cool in baking pans on wire racks.

5. Serve kale chips with spicy tahini sauce for dipping. Garnish kale and sauce with additional crushed chili peppers, if desired.

Each serving contains: *100 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 130 mg sodium, 9 g carbohydrates, 2 g fiber, 6 g sugar, 4 g protein.* ***Daily values:*** *0% vitamin D, 10% calcium, 6% iron, 4% potassium.*

GOOD *Morning*

AN EFFECTIVE MORNING ROUTINE TURNS EVEN A NIGHT OWL INTO AN EARLY RISER. THIS YEAR, ESTABLISH MINDFUL HABITS THAT LEAVE YOU ENERGIZED AND MOTIVATED TO TAKE ON EACH DAY.

Healthy habits

Build a morning routine that serves *your* life. Cater to your needs and limitations, such as time constraints and family obligations. Here are a few suggestions to get started.

HYDRATE

After a restful night of sleep, your body needs to rehydrate with a full glass of water. Try adding a lemon slice for flavor and a little extra vitamin C.

GET ACTIVE

Feeling stressed? A small burst of exercise may help. Set an attainable workout routine, like a short, brisk walk or body-weight exercises at home.

MEDITATE

Daily meditation, even for five minutes, can have lasting effects. Practice clearing your mind to feel more present, calm, and self-aware.

JOURNAL

Put down the phone and pick up a pen. Journaling can help you organize your thoughts, work through emotions, and stimulate creativity.

Set up for success

Create a ritual station for your morning wellness routine. Natural light, ambient music, and cozy textiles make any space feel welcoming and intentional.

AROMATHERAPY Essential oils, candles, or incense can help ground your space. Prep a diffuser at night so it's ready to go when you wake.

SUPPLEMENTS Head to the Fresh Thyme Natural Living Department where team members can recommend stress-reducing and mood-elevating supplements.

TEA OR COFFEE Brewing a cup of tea can be ritualistic in itself. Have a variety of flavors on hand like calming chamomile or energizing oolong tea.

ROOTED IN WELL BEING

Mental Well-Being
Pair endorphin-boosting exercise with products that support your mental health from the Fresh Thyme Natural Living Department.

Consult with your healthcare provider before beginning any new exercise routine or supplement or making significant changes to your diet.

Sources: *https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858, https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469*

NO PREP, JUST PROTEIN.

- READY TO EAT
- NUTRIENT DENSE
- PREMIUM SMOKED FISH CRAFTED BY EXPERTS

ACME SMOKED FISH BROOKLYN

YOU'LL WANT WHAT WE'RE SMOKING.

HERO BREAD

Start the New Year right with delicious better-for-you baked goods.

HIGH FIBER | UP TO 19g PROTEIN | 0–5g NET CARBS

*PER SERVING OF HERO BREAD. SEE NUTRITION FACTS FOR SODIUM AND SUGAR CONTENT

PANTRY MUST-HAVES

MINDFUL SHELF-STABLE ESSENTIALS FOR COZY WINTER MEALS, SNACKS, AND SIPS.

8 TRACK FOODS ORGANIC WHITE CANNELLINI BEANS

From organic American farms to your pantry, women-owned 8 Track Foods redefines the bean. Rich in protein and fiber and full of clean, honest flavor, these beans have no additives or preservatives—just real food.

HERO FLOUR TORTILLAS

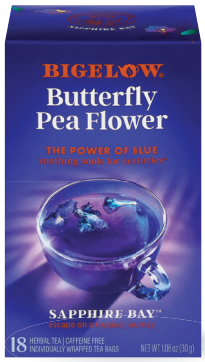
Created with heart-smart olive oil, Hero Flour Tortillas are a soft, delicious choice for wraps, enchiladas, quesadillas, and more. Each 8-inch round has 0g sugar, 7g protein, and 16g fiber!

MEKHALA ORGANIC THAI RED CURRY PASTE

Made with fresh, authentic Thai herbs, Mekhala's bestselling Organic Thai Red Curry Paste makes you feel like a restaurant chef in your own kitchen. Simply add coconut milk and protein, simmer, and enjoy!

BIGELOW BUTTERFLY PEA FLOWER SAPPHIRE BAY HERBAL TEA

Sapphire Bay herbal tea is caffeine-free and carefully blended with tropical pineapple and juicy mango. Created by a family-owned and woman-owned business, this soothing tea has a smooth flavor and mesmerizing blue color.



TERRANEAN PITA CHIPS

Terranean's twice-baked crunchy pita chips come tossed in classic sea salt or their own authentic Lebanese za'atar, a nutty herbal spice blend. Midwest-born and women-owned, each bag is STAR-K Kosher Pareve certified, Halal certified, Non-GMO certified, and vegan.

TRY SOMETHING NEW

BRAND SPOTLIGHT

LESSEREVIL SNACKS

Simple, intentional, and delicious: it's what we believe snacking should embody. We air-pop our popcorn with clean, organic ingredients to create the perfect balance of lightness and flavor. We never reach for seed oils or anything that gets in the way of simple joy, because every airy kernel should crunch without compromise. We stay mindful from start to finish, focusing on quality over shortcuts. We raise the bar with premium taste, real ingredients, and feel-good energy—all at a price that proves feeling good inside and out doesn't have to come at a cost.

TRY SOMETHING NEW

BUZZ-FREE DRINKS

SIP BACK AND RELAX WITH NON-ALCOHOLIC SPIRITS AND MOCKTAILS.

PARCH NON-ALCOHOLIC AGAVE COCKTAIL
This citrus and bittersweet beverage is made with agave, prickly pear cactus fruit, grapefruit and orange bitters, lime juice, and floral botanicals. A blend of adaptogens work to help relieve stress.

SPIRITLESS KENTUCKY 74
Kentucky 74 is a beautifully distilled non-alcoholic spirit for bourbon cocktails, crafted through a reverse distillation process. Kentucky 74 delivers a high-quality, smooth finish, marked by familiar notes of caramel, vanilla, and oak.

FREE AF VØD%A SPRITZ
This vibrant mocktail adds passion fruit and lime flavors to the classic vodka soda. Made with Afterglow™, their all-natural signature ingredient, each sip mimics alcohol's warming, tingling sensation.

JUST MADE®

New Year.
Real Juice.
Just Made.

Start the year strong with tropical, cold-pressed juices packed with vitamins and feel-good flavor.

JUST MADE. MADE JUSTLY.

TRENDING NOW!

WELLNESS PICKS FROM OUR 2026 TRENDS FORECAST

Each year, our Health and Wellness Trends Forecast predicts shifts in the nutrition, sustainability, and lifestyle categories. See what's in store for the new year!

1 GUT HEALTH GETS PERSONAL

A new wave of prebiotic and probiotic sodas, snacks, sweets, and more to support your digestion and immunity while still tasting great.

2 GLOBAL FLAVORS, LOCAL TABLES

Globally inspired condiments, spice blends, and simmer sauces to bring restaurant-worthy meals home.

3 LONGEVITY LIFESTYLE

Benefits that support cognitive health, memory, immune support, joint mobility, and heart-brain wellness for radiance at every life stage.

4 REGENERATIVE AGRICULTURE RISES

Good for people and the planet, products that restore soil health, protect biodiversity, and promote sustainability.

5 WOMEN'S WELLNESS AT EVERY STAGE

From stress management to menopause, supplements designed to support beauty, bone, heart, and hormonal health.

Scan the code to read Fresh Thyme's Health and Wellness 2026 Trends Forecast.

Pair Green Goddess-Marinated Chicken Kabobs with a fresh herb couscous and plenty of veggies for a well-rounded and tasty meal.

PROTEIN MADE EASY

ACHIEVE YOUR NUTRITIONAL GOALS WITH PROTEIN-RICH MEALS AND FUELING SNACKS YOU CAN ENJOY ALL WEEK LONG.

WHAT IS PROTEIN?

Protein, an essential macronutrient found in virtually every tissue of the body, contributes to overall health, growth, and muscle development. Nine essential amino acids make up a complete protein. Since they cannot be produced by the human body, they need to be consumed through quality food sources.

PROTEIN SOURCES

Adequate protein intake is possible for all lifestyles, whether you eat meat or stick to a vegan diet.

Animal Protein Eggs, dairy, meat, and seafood are all complete protein sources. Lean cuts of meat, cottage cheese, Greek yogurt, eggs, and fish are all excellent high-protein options.

Plant-Based Protein Grains, seeds, legumes, and nuts have protein, but few contain all the essential amino acids required for a complete protein. Incorporate a variety of plant-based sources into your diet for optimal protein intake.

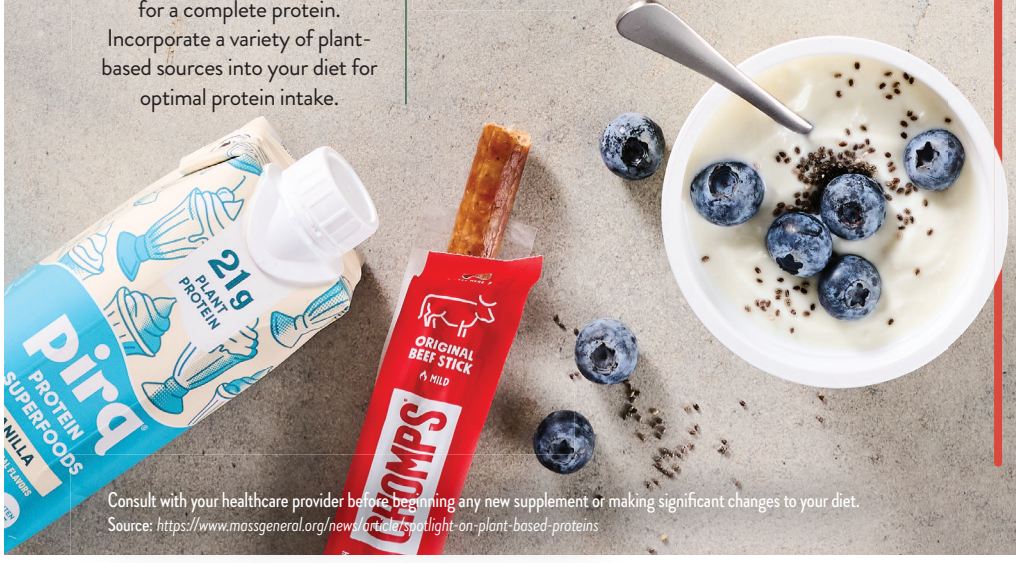
FUEL FOR **FAMILY**

Packing school lunches or gym bag snacks? Stock up on quick, protein-rich foods at Fresh Thyme.

Powders
Adults can add protein powder to smoothies and drinks. Incorporate protein powders into pancakes, oatmeal, and other foods to bulk up the protein levels of any meal.

Bars and Shakes
Prepackaged, single-serving protein products make it easy to get all nine essential amino acids. Pack bars for a protein boost after a workout or as a midday snack.

Other
Single-serving containers of cottage cheese and Greek yogurt; hummus-and-pita snack packs; meat sticks; and hard-boiled eggs help keep kids energized all school-day long.



Consult with your healthcare provider before beginning any new supplement or making significant changes to your diet.
Source: *https://www.massgeneral.org/news/article/spotlight-on-plant-based-proteins*

Shown on opposite page.

GREEN GODDESS-MARINATED CHICKEN KABOBS

Greek yogurt gives these tangy, creamy kabobs a protein boost.
PREP 20 minutes plus marinating time
COOK 22 minutes
SERVES 4 (1 kabob each)

GREEN GODDESS SAUCE

1 cup Fresh Thyme plain nonfat Greek yogurt
½ cup tightly packed Italian parsley
½ cup tightly packed Fresh Thyme basil
4 green onions, roughly chopped
2 Tbsp. Fresh Thyme extra virgin olive oil
1 Tbsp. Fresh Thyme white wine vinegar
1 small clove garlic, coarsely grated
¼ tsp. Fresh Thyme fine sea salt
¼ tsp. Fresh Thyme ground black pepper

CHICKEN

2 (8 oz.) boneless, skinless chicken breasts, cut into 1½-inch cubes
Fresh Thyme avocado cooking oil spray
½ yellow bell pepper, seeded, and cut into 2-inch pieces
½ orange bell pepper, seeded, and cut into 2-inch pieces
½ red bell pepper, seeded, and cut into 2-inch pieces

1. For sauce, in a food processor or blender, place yogurt, parsley, basil, green onions, olive oil, vinegar, garlic, salt, and pepper. Cover and process or blend until smooth. Cover and refrigerate up to 4 days.

2. For chicken, in a medium bowl, toss together chicken and half of the green goddess sauce until coated. Cover and marinate in refrigerator for 2 to 4 hours.

3. Preheat oven to 375°F. Line a large rimmed baking pan with parchment paper. Spray with cooking spray; set aside.

4. Thread chicken and bell peppers onto 4 (12-inch) metal skewers. Place in prepared baking pan and bake for 20 to 22 minutes or until chicken reaches 165°F, turning once halfway through.

5. Serve kabobs with remaining green goddess sauce.

Each serving contains: *260 calories, 10 g fat, 1.5 g saturated fat, 0 g trans fat, 85 mg cholesterol, 230 mg sodium, 7 g carbohydrates, 2 g fiber, 3 g sugar, 33 g protein.* ***Daily values:*** *0% vitamin D, 8% calcium, 8% iron, 15% potassium.*

Chicken skewers cook quickly and consistently compared to large cuts of meat, making meal prep a breeze.

VEGETARIAN-PROTEIN EGG BAKE

Plant-based maple sausage gives a kiss of sweetness to these veggie-packed individual egg bakes.

PREP 15 minutes
COOK 40 minutes plus cooling time
SERVES 4 (1 container each)

Fresh Thyme avocado cooking oil spray
8 Fresh Thyme large eggs
½ cup Fresh Thyme low-fat small curd cottage cheese
1 tsp. Fresh Thyme coarsely ground organic black pepper, plus more for garnish
½ (7.2 oz.) pkg. Jack & Annie's frozen plant-based maple sausage links, thawed and cut into ½-inch slices
2 cups frozen root vegetable hash browns
¾ cup Fresh Thyme diced fresh rainbow bell peppers
½ cup Fresh Thyme diced fresh yellow onions
2 oz. freshly shredded Gruyère cheese (about ½ cup)
Fresh Thyme organic chives, sliced; for garnish
Fresh Thyme fine sea salt, to taste

1. Preheat oven to 375°F. Set aside lids from 4 (2.3-oz.) microwave- and oven-safe glass containers. Spray containers with cooking spray. Place containers on a rimmed baking pan; set aside.

2. Meanwhile, in a medium bowl, whisk together eggs, cottage cheese, and 1 tsp. black pepper. Stir in sausage, hash browns, bell peppers, onions, and cheese. Divide egg mixture among prepared containers.

3. Bake for 35 to 40 minutes or until eggs are set; cool completely. Cover with lids and refrigerate for up to 4 days.

4. To serve, uncover container and reheat in microwave oven. Garnish with chives and additional black pepper, if desired. Season to taste with salt.

Each serving contains: *340 calories, 20 g fat, 6 g saturated fat, 0 g trans fat, 390 mg cholesterol, 540 mg sodium, 16 g carbohydrates, 4 g fiber, 5 g sugar, 23 g protein.* ***Daily values:*** *10% vitamin D, 20% calcium, 15% iron, 10% potassium.*

Shop Fresh Thyme for tasty plant-based meat alternatives, like these heat-and-eat maple sausages, made with jackfruit.

Serve Maple-Dijon Pork Roast with fiber-rich farro, tender sautéed seasonal vegetables, and tart dried cranberries.

SLOW COOKER MAPLE-DIJON PORK ROAST

This sweet-and-savory pork roast cooks to tender, juicy perfection.

PREP 25 minutes plus standing time
COOK 2 hours plus standing time
SERVES 6

6 Tbsp. Fresh Thyme organic maple syrup, divided
4 Tbsp. Fresh Thyme organic Dijon mustard, divided
3 tsp. Lawry's salt-free seasoned pepper, divided
1 tsp. Fresh Thyme garlic powder
½ tsp. Fresh Thyme onion powder
2 (1 lb.) pork tenderloins
1 cup low-sodium beef broth
5 Tbsp. Fresh Thyme extra virgin olive oil
2 Tbsp. Fresh Thyme white wine vinegar

1. In a small bowl, whisk together 3 Tbsp. maple syrup, 2 Tbsp. Dijon, 2 tsp. seasoned pepper, garlic powder, and onion powder; set aside.

2. Pat tenderloins dry with paper towels. Brush mustard mixture onto pork. Let stand at room temperature for 20 minutes.

3. Transfer pork to a 4- to-6 qt. slow cooker. Pour broth over pork. Cover and cook on low for 1¾ to 2 hours or until pork reaches 145°F. Transfer pork tenderloins to a cutting board; loosely cover with foil and let rest for 10 minutes. Discard cooking liquid.

4. Meanwhile, for the dressing, in a small bowl, whisk together olive oil, vinegar, and remaining 3 Tbsp. maple syrup, 2 Tbsp. mustard, and 1 tsp. seasoned pepper. Refrigerate until ready to serve.

5. To serve, slice pork. Add pork to 6 individual grain bowls with desired toppers and drizzle with remaining dressing.

Each serving (pork only) contains: *350 calories, 16 g fat, 3.5 g saturated fat, 0 g trans fat, 90 mg cholesterol, 340 mg sodium, 14 g carbohydrates, 0 g fiber, 12 g sugar, 33 g protein.* ***Daily values:*** *2% vitamin D, 2% calcium, 8% iron, 15% potassium.*

Let the slow cooker do the heavy lifting. Place the seasoned pork and the broth in the slow cooker, and then set it and forget it.

MAKE EVERY BITE COUNT WITH PORK

Pork is a convenient and delicious high-quality source of protein that can help you stay on track when seeking to lose weight or if you are on a weight-loss medication.

PORK IS PACKED WITH HIGH-QUALITY PROTEIN

More than 20g per 3oz serving of fresh pork, **plus 10+ important nutrients** for energy, strength, and overall health. Pork tenderloin and pork sirloin roast, are even certified by the American Heart Association as heart-healthy foods!

HELPING YOU STAY STRONG AND SATISFIED

Protein is key to keeping your **muscles strong and helping you feel full.**

PORK GIVES YOU MORE THAN JUST PROTEIN

In addition to protein, pork delivers iron, zinc, B vitamins, and other nutrients that can sometimes be harder to get when your appetite is smaller.

PAIRS PERFECTLY WITH FRUITS & VEGGIES

Pork goes hand-in-hand with fruits and veggies—making it easier to eat more of the foods your body craves when losing weight.

PORK IS CONVENIENT

Whether you need a quick snack or a simple meal, pork fits the bill—with no fuss.

pork® TASTE WHAT PORK CAN DO.™

tastewhatporkcando.com

FEEL-GOOD SIPS

SHAKE THINGS UP! THESE SWEET, TART, AND TASTY MOCKTAILS HAVE HEALTH-BOOSTING BENEFITS.

Calming Cherry-Berry Mocktail: In an ice-filled shaker, add 4 oz. coconut water, 1½ oz. Fresh Thyme organic tart cherry juice from concentrate, ½ (1.7-oz.) bottle So Good So You immunity elderberry-blood orange probiotic shot, and 1 (0.2-oz.) pkg. Recess Mood gradient-berry calming magnesium blend; cover and shake until chilled. Strain mixture into a 14-oz. glass filled halfway with ice; top off with prebiotic lemon-lime soda. Garnish with berries, if desired. Serves 1.

Each serving contains: *70 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 45 mg sodium, 18 g carbohydrates, 2 g fiber, 12 g sugar, 0 g protein.*
Daily values: *0% vitamin D, 4% calcium, 0% iron, 6% potassium.*

Gut-Friendly Citrus Shrub: Place 4 washed, roughly chopped blood oranges in a 1-qt. canning jar. Add 1 cup Fresh Thyme 100% pure honey , 1 tsp. vanilla bean paste, and 1 (0.7-oz.) pkg. fresh sage. Using a muddler or the end of a wooden spoon, gently mash oranges until they release juices. Add 1 cup Fresh Thyme raw-unfiltered and unpasteurized organic apple cider vinegar or a pasteurized apple cider vinegar of your choice; stir and cover. Refrigerate shrub syrup for 24 to 72 hours. Strain shrub syrup through a fine-mesh sieve set over a large bowl; discard fruit and herbs. Transfer syrup to a clean 1-qt. canning jar. Cover and refrigerate up to 1 week. To serve, add 2 oz. shrub syrup to a 12-oz. ice-filled glass. Top with sparkling water; stir. Garnish with additional blood orange slices and fresh sage, if desired. Serves 9.

Each serving contains: *140 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 36 g carbohydrates, 0 g fiber, 34 g sugar, 0 g protein.*
Daily values: *0% vitamin D, 2% calcium, 2% iron, 2% potassium.*

Unpasteurized products may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems. Consult with your healthcare provider before beginning any new supplement or making significant changes to your diet.

STRONGER

EVERY DAY

ROOTED IN WELL BEING

Overall Well-Being
Beyond the physical results, workouts also may improve cognitive function and mental health.

LEARN WHY STRENGTH TRAINING HAS TAKEN OFF AND HOW YOU CAN FUEL YOUR BODY TO SUPPORT SAFE, HEALTHY MUSCLE GROWTH ONE REP AT A TIME.

WHY STRONG MUSCLES ARE IMPORTANT

As we age, it's normal to lose muscle mass. Strength training workouts help rebuild lost muscle and enhance overall strength, creating strong, active bodies.

In addition, strength training contributes to a healthier lifestyle. Other understated but beneficial results of strength training may include bone density, mental clarity, joint protection, improved balance, mobility, and longer lifespan. When paired with quality aerobic activity, strength training plays a vital part in physical well-being.

TYPES OF STRENGTH TRAINING

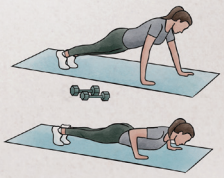
Body-Weight Training
Holding the body in the same position (isometric exercise) and lifting, pulling, or pushing the body (isotonic exercise) creates resistance and builds strength by using a person's own body weight. Planks, wall sits, push-ups, and sit-ups build muscle without using extra equipment.

Weight Training
Pulling, pushing, or lifting weights adds resistance and strengthens muscles. As muscles grow and become stronger, more weight may be added in small, achievable increments. Dead lifts, dumbbell rows, and chest presses are just a few examples.

Strength Training 101

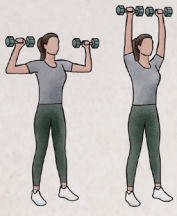
Targeted exercises help build muscle mass. Try these beginner-friendly moves with or without dumbbells, adjusting resistance as needed.

Squat Stand with your feet hip-width apart. Lower until your knees reach a 90-degree angle, keeping your chest lifted. Return to a standing position.

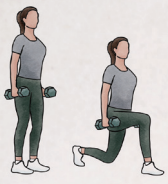


Push-Up Start from a plank on your toes or your knees. Bend your elbows to a 90-degree angle and tuck your arms close to your sides. Press back up to a plank.

Bicep Curl Stand with your feet hip-width apart. Hold dumbbells with your palms facing up. Keep your elbows close to your body, curl upward and slowly lower.



Shoulder Press From a seated or standing position, hold dumbbells in a goalpost shape with your palms facing forward. Press your arms above your head and lower.



Alternating Lunges Stand with dumbbells or with your hands on your hips. Step one foot back and bend both knees at a 90-degree angle. Repeat on other leg.

Bridge Lie on your back with your knees bent. Press your palms into the mat and squeeze your glutes to lift your hips. Slowly lower your hips.

Consult with your healthcare provider before beginning any new workout routine.
Source: https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/strength-training/art-20046670

SUPPLEMENTS FOR STRENGTH

FUEL STRONGER MUSCLES AND SWIFTER RECOVERY WITH PRE- AND POST-WORKOUT SUPPLEMENTS FROM FRESH THYME.

WHEY

The body needs protein to increase muscle mass and to repair muscle damage. Whey, a high-quality protein source, can keep muscles healthy and strong.
Best For: Longer-lasting workouts and endurance training.

CREATINE

Creatine is a natural source of energy supplied straight to the muscles. Taking creatine can boost endurance and strength.
Best For: Quick bursts of energy during heavy weight training exercises.

BCAAs

Branched-chain amino acids—a group of isoleucine, valine, and leucine—may stimulate muscle protein synthesis and increase muscle mass with exercise.
Best For: Workout recovery and reducing muscle fatigue.

ELECTROLYTES

Sweating signals a good workout and the need to replace lost electrolytes. These essential minerals keep the body in homeostasis and prevent dehydration.
Best For: Replenishing minerals before, during, and after a workout.

TEAM MEMBER
JILLIAN VOGLER
Digital Merchandising Specialist
1 Year at Fresh Thyme Market

"I fuel with a mix of supplements and whole foods. My go-tos are whey protein and Sunwarrior Active Creatine for muscle support. Pairing those with high-protein meals and quality carbs helps me perform and recover well."

Consult with your healthcare provider before beginning any new supplement or making significant changes to your diet.

Sources: https://pmc.ncbi.nlm.nih.gov/articles/PMC6651693/, https://my.clevelandclinic.org/health/treatments/17674-creatine, https://pmc.ncbi.nlm.nih.gov/articles/PMC5568273/, https://www.mdpi.com/2076-3417/11/19/9093

ANCIENT NUTRITION

THE NEXT GENERATION OF PROTEIN

GRASS-FED COLOSTRUM | CREATINE MONOHYDRATE | A2/A2 MILK PROTEIN | COLLAGEN PEPTIDES | GRASS-FED WHEY | BONE BROTH PROTEIN

NEW

soup season

COZY UP TO A WARM BOWL OF SOUP AND NUTRITIOUS WINTER GREENS. ROBUST RECIPES AND FRESH THYME READY-MADE OFFERINGS CREATE A SIMPLY DELICIOUS NIGHT IN.

Kale is a great source of antioxidants. Paired with avocados and walnuts, which contain omega-3 fatty acids, this salad supports heart health.

HEART-SMART QUINOA AND KALE SALAD

Satisfy with a salad bursting with antioxidants, heart-healthy fats, and layers of flavor and texture.

PREP 15 minutes COOK 17 minutes
SERVES 4

SPICED WALNUTS

Fresh Thyme avocado cooking oil spray
½ cup walnut halves
1 Tbsp. Fresh Thyme organic maple syrup
½ tsp. Fresh Thyme organic crushed chili peppers
¼ tsp. Fresh Thyme organic chili powder
¼ tsp. Fresh Thyme ground organic cinnamon
¼ tsp. Fresh Thyme fine sea salt

VINAIGRETTE

3 Tbsp. Fresh Thyme 100% pure avocado oil
2 Tbsp. fresh lemon juice
2 tsp. Fresh Thyme organic maple syrup
1 tsp. Fresh Thyme organic Dijon mustard

SALAD

1 (5 oz.) pkg. BeanVIVO edamame-and-quinoa salad protein booster
6 cups baby kale
4 cups tightly packed torn curly green kale
1 small avocado, seeded, peeled, and sliced
½ cup pomegranate arils
¼ cup Fresh Thyme finely shaved Parmesan cheese

1. For walnuts, preheat oven to 350°F. Line a small rimmed baking pan with parchment paper and lightly spray with cooking spray. Set aside.

2. In a medium bowl, stir together walnut halves, maple syrup, crushed chili peppers, chili powder, cinnamon, and sea salt. Transfer to prepared baking pan. Bake for 5 minutes. Stir; bake for 5 minutes more. Remove from oven; let cool.

3. For vinaigrette, in a small bowl, whisk together avocado oil, lemon juice, maple syrup, and Dijon. Refrigerate until ready to serve.

4. For salad, in a small nonstick skillet, cook and stir edamame-and-quinoa salad booster over medium heat for 5 to 7 minutes or until crisp; set aside to cool.

5. In a large bowl, place kale; drizzle with ¼ cup vinaigrette. Gently massage by rubbing between fingers until kale is dark green and tender. Top with spiced walnuts, toasted salad booster, avocado, pomegranate arils, and Parmesan cheese. Serve with remaining vinaigrette.

Each serving contains: *410 calories, 30 g fat, 4.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 330 mg sodium, 31 g carbohydrates, 10 g fiber, 9 g sugar, 11 g protein.* ***Daily values:*** *0% vitamin D, 20% calcium, 15% iron, 20% potassium.*

Ready-to-enjoy soup and bread

Fresh Thyme offers an impressive hot soup bar with comforting flavors like creamy tomato, chicken tortilla, and chicken noodle. Pick up a large container (or two!) and pair it with a fresh-baked artisan sourdough loaf available at the Fresh Thyme Bakery.

LEMON AND TURMERIC CHICKEN-ORZO SOUP

Anti-inflammatory turmeric adds golden color and peppery flavor to this cozy wintertime soup.

PREP 32 minutes
COOK 55 minutes
SERVES 6

2 Tbsp. Fresh Thyme olive oil
3 carrots, cut into ¼-inch slices
3 ribs celery, cut into ¼-inch slices
1 cup finely chopped yellow onion
1 small fennel bulb, trimmed and thinly sliced; reserve fronds for garnish
1 (1 in.) piece fresh turmeric root, peeled and grated (2 tsp.)
2 cloves garlic, minced
2 tsp. Fresh Thyme ground organic black pepper, plus more to taste
¼ tsp. Fresh Thyme fine sea salt, plus more to taste
2 (32 oz.) containers unsalted chicken bone broth
2 cups water
2 to 2½ lb. boneless, skinless chicken breasts
1 cup orzo pasta
3 cups lightly packed baby kale
1 lemon, zested and juiced, plus additional slices for serving
2 Tbsp. coarsely chopped Fresh Thyme dill, plus more for garnish

1. In a 6- to 7-qt. Dutch oven, heat olive oil over medium heat. Add carrots, celery, onion, and fennel. Cook for 4 to 5 minutes or until onions are softened, stirring occasionally.

2. Add turmeric, garlic, 2 tsp. pepper, and ¼ tsp. salt to Dutch oven. Cook and stir for 1 to 2 minutes or until fragrant. Stir in bone broth and water. Using a wooden spoon, scrape any bits from bottom of Dutch oven.

3. Add chicken to broth mixture. Bring to a boil. Reduce heat to medium-low; cover and simmer for 15 to 20 minutes or until chicken reaches 165°F, stirring occasionally. Transfer chicken to a cutting board; use 2 forks to shred into bite-size pieces. Cover chicken to keep warm.

4. Increase heat to medium; stir orzo into broth mixture. Cook, uncovered, for 10 minutes or until al dente, stirring frequently.

5. Reduce heat to low. Stir in kale, lemon zest and juice, 2 Tbsp. chopped dill, and shredded chicken.

6. Ladle soup into serving bowls. Garnish with lemon slices, fennel fronds, and additional dill, if desired. Season to taste with additional pepper and salt.

Each serving contains: *460 calories, 10 g fat, 1.5 g saturated fat, 0 g trans fat, 145 mg cholesterol, 340 mg sodium, 34 g carbohydrates, 5 g fiber, 5 g sugar, 56 g protein.* ***Daily values:*** *0% vitamin D, 8% calcium, 8% iron, 25% potassium.*

Turmeric and the collagen found in bone broth contain anti-inflammatory properties.

ROOTED IN WELL BEING

Physical Well-Being
Most broths are rich in electrolytes—ideal for staying hydrated during cold and flu season.

Caught with care. Cooked with love.

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

No overfishing.

100% TRACEABLE

We know where the fish came from and what species it is.

LOCAL DAYBOATS

The fish comes back to shore for processing faster and fresher.

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No nets means minimal bycatch.

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Blue Circle FOODS®

Cinnamon Roll Protein Baked Oatmeal
FRESH THYME FARMERS MARKET
ORGANIC WHOLE Milk
Made With CARE
FOOD CAN BE A COMFORTING AND IMPORTANT TOOL TO HELP MANAGE LIFE'S MILESTONES. SUPPORT MEMBERS OF YOUR COMMUNITY WITH TASTY, CONVENIENT MEALS WHEN THEY NEED IT MOST.
POP & BOTTLE
CARAMEL COLD BREW
Oat Milk Latte
ROOTED IN WELL BEING

Social Well-Being Small acts of service help maintain meaningful relationships and foster a sense of belonging.

COMMUNITY EFFORT

When life gets busy, a homemade meal can make all the difference. Nourish your community with delicious, family-friendly recipes so they can focus on what truly matters. Consider organizing a meal train, letting friends and family sign up to deliver groceries, meals, or gift cards to someone in need. Kindly remind volunteers of the recipient's food restrictions or preferences. Encourage them to provide healthful, nutrient-dense veggies and protein-rich mains. Keep ages in mind as well, providing kid-friendly meals to homes with little ones. With thoughtful decisions, the meals can be a true source of comfort, nutrition, and care.

REASONS TO HELP

Postpartum Care Breastfeeding requires extra calories. Along with nutritious meals, pack easy snacks like fruit, yogurt, or nuts.

Advanced Age Offer to deliver groceries to aging relatives. Bonus points if you stay and cook a meal together!

Grief Wholesome foods can comfort grieving individuals. Freeze single-serving portions for easy reheating.

Illness Recovering patients often have special dietary needs. Consult with a caretaker to cater to a patient's condition.

Moving Welcome new neighbors with a homemade meal and locally made goods from Fresh Thyme.

Celebrations Mark a friend's career milestone with a sweet treat, or gift newlyweds with a date night at home.

TEAM MEMBER
ERIKA POULOS
Sr. Manager,
Digital Experience
4 Years at Fresh Thyme Market

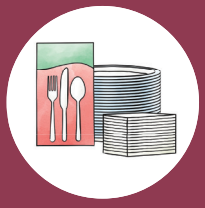
"Send comfort and care. A grocery delivery makes life a little easier for new parents or anyone on the mend. Fresh Thyme offers delivery options through Instacart, DoorDash, and Uber Eats. Send fresh, nourishing, and quality groceries straight to a loved one's doorstep."

MEALS MADE EASY

FOLLOW THESE TIPS FOR FUSS-FREE DINNERS.

Provide Beverages Fresh Thyme offers a wide selection of juices, tea, and soda with added health benefits.

Complete the Meal Deliver a fresh salad kit along with the main. Don't forget to grab a quick dessert, too!



Bring Paper Goods Recyclable paper plates, utensils, and napkins make cleanup simple—and they're greener than plastic.

Source: https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/breastfeeding-nutrition/art-20046912

CINNAMON ROLL PROTEIN BAKED OATMEAL

Protein powder, almond butter, and Greek yogurt give this cozy bake a nutritious boost.

PREP 30 minutes
COOK 42 minutes plus cooling time
SERVES 8

Fresh Thyme avocado cooking oil spray
½ cup packed Fresh Thyme light brown sugar, divided
1 Tbsp. plus 1 tsp. Fresh Thyme ground organic cinnamon, divided
2 tsp. vanilla bean paste, divided
1 ripe banana, mashed
½ cup plus 2 tsp. Fresh Thyme whole milk, divided
½ cup plus plain whole milk Greek yogurt
¼ cup Fresh Thyme creamy almond butter
¼ cup Fresh Thyme extra virgin olive oil
1 Fresh Thyme large egg
2 scoops Fresh Thyme vanilla whey protein powder
1 tsp. baking powder
½ tsp. Fresh Thyme fine sea salt
2 cups protein oats
¼ cup Fresh Thyme powdered sugar
Fresh raspberries, for garnish

1. Preheat oven to 350°F. Set aside lid from a 9×6½-in. foil pan; spray pan with cooking spray and set aside.

2. In a small bowl, stir together ¼ cup brown sugar, 1 Tbsp. cinnamon, and 1 tsp. vanilla bean paste; set aside.

3. In a large bowl, whisk together mashed banana, ½ cup milk, remaining ¼ cup brown sugar, Greek yogurt, almond butter, olive oil, and remaining 1 tsp. vanilla bean paste. Add egg; whisk until combined.

4. Fold protein powder, baking powder, remaining 1 tsp. cinnamon, and salt into banana mixture; stir in oats until combined. Pour half the oat mixture into prepared pan. Sprinkle half of the brown sugar mixture evenly over the top. Top with remaining oat mixture. Sprinkle with remaining brown sugar mixture and gently swirl.

5. Bake for 38 to 42 minutes or until edges are golden brown and internal temperature reaches 165°F. Center will jiggle slightly. Cool in the pan on a wire rack for 30 minutes.

6. Meanwhile, whisk powdered sugar and remaining 2 tsp. milk in a small bowl. Drizzle glaze over baked oatmeal. Add lid to pan and gift with fresh berries for serving.

Each serving contains: *410 calories, 16 g fat, 3 g saturated fat, 0 g trans fat, 40 mg cholesterol, 240 mg sodium, 52 g carbohydrates, 7 g fiber, 23 g sugar, 19 g protein.* ***Daily values:*** *2% vitamin D, 15% calcium, 15% iron, 6% potassium.*

Heating Instructions Thaw overnight in the refrigerator. Preheat oven to 350°F. Bake, covered, 30 minutes. Remove foil and bake 20 to 30 more minutes or until casserole reaches 165°F. Let stand 10 minutes.

SALSA VERDE CHICKEN TACO CASSEROLE

This dish holds 32 grams of protein per serving! Pile it high with fresh and flavorful toppers.

PREP 1 hour 45 minutes plus freezing and thawing time
COOK 60 minutes plus cooling time
SERVES 12 (1¼ cups each)

2 cups low sodium chicken broth
1 cup tri-color quinoa, rinsed and drained
1 (15.5 oz.) can Fresh Thyme black beans, rinsed and drained
1 (14.5-oz.) can petite diced fire roasted green tomatoes, undrained
2 cups Fresh Thyme frozen fire roasted super sweet corn
1 Tbsp. Fresh Thyme 100% pure avocado oil
2 poblano chile peppers, stems removed, seeded, and sliced crosswise*
½ small white onion, sliced and separated into rings
2½ to 3 lb. boneless skinless chicken breasts, cooked and shredded
1 cup SOMOS mild salsa verde, plus additional for serving
½ cup Fresh Thyme sour cream
Fresh Thyme avocado cooking oil spray
8 oz. Fresh Thyme Monterey Jack cheese block, coarsely shredded
Desired toppers, such as seasoned tortilla chips, sliced avocado, sliced radishes, and/or fresh cilantro
Lime wedges, for serving

1. In a medium saucepan, prepare quinoa using chicken broth according to package directions. Let stand, covered, for 2 to 3 minutes. Fluff with a fork; transfer to a large bowl and cool. Stir in black beans, green tomatoes, and frozen corn; set aside.

2. Heat oil in a large skillet. Add poblano peppers and onion; cook over medium heat for 2 to 3 minutes or until onion is softened, stirring occasionally. Transfer mixture to a large bowl and cool.

3. Add shredded chicken, salsa verde, and sour cream to poblano-onion mixture; toss to combine. Set aside.

4. To assemble, spray a 4-qt. freezer-safe baking dish with cooking spray. Spread quinoa mixture in prepared baking dish. Top with chicken mixture; spread to within ½ inch of pan edges. Sprinkle with cheese.

5. Cover tightly with foil and freeze for at least 12 hours. To gift, place toppers, salsa verde, and lime wedges in individual containers. See heating instructions, above right.

**Note: Chile peppers contain volatile oils that can burn your skin and eyes. When working with poblano peppers, wear protective gloves.*

Each serving contains: *340 calories, 12 g fat, 5 g saturated fat, 0 g trans fat, 90 mg cholesterol, 370 mg sodium, 26 g carbohydrates, 4 g fiber, 4 g sugar, 32 g protein.* ***Daily values:*** *0% vitamin D, 15% calcium, 10% iron, 15% potassium.*

WINTER HYDRATION

DON'T LET WINTER DRY YOU OUT. USE THESE TIPS AND PRODUCTS TO STAY MOISTURIZED THROUGH THE COLD.

FACE Look for a gentle facial cleanser that nourishes and hydrates your skin. Protect the face further by applying facial cream or oil. *Try: Cocokind Oil to Milk Cleanser, Derma E Vitamin C Glow Face Oil*

BODY Combat dry, irritable skin by caring for it inside and out. Supplements and topical moisture enhancers can work hand in hand to promote a healthy, hydrated skin barrier. *Try: Biosil Advanced Collagen Generator, Alaffia Whipped Shea Butter & Coconut Oil*

HANDS Winter can be hard on hands. Restore needed moisture and support skin elasticity with balm or lotion. Reapply as needed. *Try: Stoked Beekeeping Co. Mānuka Honey Tallow Balm, Vitasana Fragrance Free Hand and Body Lotion*

LIPS Extreme cold damages lips. Guard against chapping with penetrating hydration. Reapply lip balm two to three times a day or whenever you head outside. *Try: Attitude Super Leaves Lip Balm*

HAIR Hair can feel brittle and parched from cold weather and the dry heat of the furnace. Moisturizing shampoo and hair oil fights against dryness. *Try: Badger Argan Hair Oil*

Rich in vitamins, minerals, lipids, and fatty acids, tallow is skin's best friend for providing deep and lasting hydration. Tallow is rendered from beef fat and has been a proven barrier to protect the skin for centuries.

Hydration Tips

In addition to using lotions, serums, and supplements, practice these daily habits to combat harsh winter weather.

DRINK WATER

Drinking water provides the entire body with proper hydration at the cellular level, including the skin cells. Try adding electrolytes for extra hydration.

APPLY SPF

Sun protection isn't just for days at the beach. Snow and ice reflect UV rays onto your skin. SPF lotion can also create a barrier between your skin and winter elements.

ADD A HUMIDIFIER

Dry indoor heat can affect skin and hair as much as the cold outdoor temperatures. A humidifier counteracts this by adding moisture back into your environment.

AVOID HOT SHOWERS

Hot water can strip skin and hair of their natural moisturizing oils. Switch to lukewarm showers or bathe with hydrating magnesium bath flakes.

Consult with your healthcare provider before beginning any new supplement.

ALIVE ACADEMY

WE'VE GOT YOUR BACK—OUR CERTIFIED NATURAL PRODUCT ADVISORS CAN HELP NAVIGATE HOLISTIC HEALTH.

The Natural Product Advisor Certification program, facilitated by the Alive Publishing Group, is a 10-week accredited course that equips Fresh Thyme team members with in-depth knowledge of vitamins, supplements, and clean beauty products. The training covers common health concerns and provides trainees with a deep understanding of natural relief strategies. To date, 75 Fresh Thyme team members have successfully completed the program.

Kenny Hausmann, Director of Merchandising, Natural Living, says, "At Fresh Thyme, we believe our team members are our greatest asset. By providing comprehensive product knowledge, we empower them to excel and guide customers confidently through our natural wellness aisle."

AREAS OF EXPERTISE

THE ALIVE ACADEMY PIN, *SHOWN RIGHT*, INDICATES A TEAM MEMBER TRAINED IN THE FOLLOWING CATEGORIES:

- VITAMINS
- SUPPLEMENTS
- CLEAN BEAUTY PRODUCTS

FRESH THYME MARKET

CERTIFIED NATURAL PRODUCT ADVISOR
alive ACADEMY
FRESH THYME

"The Natural Product Advisor training provides a solid reference guide and aids with everyday interactions with customers. I wish more people knew how beneficial supplements can be in dealing with many common conditions and ailments."

- Karen Garcia
Manager, Natural Living
10 Years at Fresh Thyme Market

"The Natural Product Advisor training provided us with a guideline to help customers pick the right product. I knew a lot going into the training already, but the more knowledge, the better."

- Gayle Tarowsky
Manager, Natural Living
7 Years at Fresh Thyme Market

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GUT-HEALTHY ACIDS

NATURAL ANTIOXIDANTS

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3-Day CLEANSE
TOTAL-BODY RESET*
Supports your Body's Natural Waste Elimination Process*
Helps Reduce Occasional Bloating & Water Retention*
PART 1: 6 VEGETARIAN CAPSULES
PART 2: 6 VEGETARIAN CAPSULES
Dietary Supplement
NON GMO Project VERIFIED
nongmoproject.org
*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Start with the ***#1 3-Day Cleanse***[Δ] to reset and refresh, followed by ***Cleanse More™*** for overnight support when needed.* Maintain harmony with ***Ultimate Flora™ Women's Once Daily 50 Billion CFU[1] Probiotic*** to support vaginal, digestive, and immune health.*

[1]At Expiration Date under recommended storage conditions.
[Δ]Total US Natural Channel SPINS L12W, L24W, L52W Data Ending 07/13/25.

RenewLife® – Trusted Gut Wellness*

Feeling renewed begins in your gut,
and when you feel renewed, everything falls into place.

RenewLife.com |

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.